



Move

Eat

Play

Be Well

December- February

It's time to get a MOVE on it! Kicking off the first quarter of the 2017 Health Promotion Campaign is the MOVE quarter, which will help you to move closer toward your health and wellness goals. Come see us at any of the health fairs listed below to get your 2017 Health

Promotion Passport. Bring your passport to each health fair to track your progress throughout the year. In January, participate in the MOVE Health Challenge to track your healthy habits and be entered into a prize drawing for a FitBit Flex steps tracker. Throughout the quarter we will be featuring educational material via presentations, on our website, and in the monthly InsideOut newsletter. Cheers to your health!

Featured Presentations

1. Goal Setting for Success
2. Heart Health
3. Fit Mind, Fit Body (BHS)
4. Creative Exercise
5. Healthy Holiday Tips

The MOVE Health Challenge

January 3-31, 2017

Track your healthy habits throughout the month of January. Earn points for being active and participating in worksite health and wellness events. Learn more about the challenge in January on our intranet site.

Health Fairs

DECEMBER 1, 2016

TIME

LOCATION

8:00 - 9:30 AM

MO276/ Room 131A

10:00 - 11:30 AM

200E/ 2704HV/ Room G228

12:30 - 2:00 PM

200W/ 2713S/ CR131

2:30 - 4:00 PM

200E/272AW/ Lunch Room

DECEMBER 8, 2016

TIME

LOCATION

8:00 - 9:30 AM

HAMMER/ Rm 31

10:30 - 11:30 AM

Federal Building/ Rm 142

12:30 - 2:00 PM

3110 POBB/ CR 2407

HPMC OCCUPATIONAL
MEDICAL SERVICES

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